Dear Prevention Partners Coordinator:

## **Spring Walk Date Set!!!**

It's that time of year again! Time to lace up those walking shoes and take part in the 2004 Prevention Partners Spring Wellness Walk. This year's walk is scheduled for Friday, April 23, 2004 in conjunction with South Carolina Public Health Month. Our Prevention Partners' kick-off site will be at the scenic Riverfront Park in Columbia. As in years past, this year's walk will feature lots of snacks and door prize donations from local businesses and we'll also have one of Columbia's top radio stations providing music to keep things festive. You will be receiving your walk packet soon, so start your planning today. If you have any questions regarding the walk, call Prevention Partners at (803) 737-3820.

Note: Last year's Spring Walk t-shirt featuring the South Carolina state flag sold out in just a matter of days. Even though we reordered, we immediately sold out again. While this year's t-shirt will not be like last year's, it will again have a palmetto tree and crescent moon theme. We again expect these shirts to sell out quickly, so be sure to get your orders in to us as soon as possible.

## **Internet Health Resources**

The number of people using the Internet to find health information continues to increase according to a July 2003 report by Pew Internet & American Life. Among its findings, 73% of those surveyed indicate that the Net has helped improve the health services and information they receive. So whether you're looking for information on a certain medical treatment, alternative therapies, or whatever, give the Internet a try!

# **Preventive Worksite Regional Screenings**

For those who would like to participate in one of our regional screenings, the next two are as follows:

• February 26, 2004 Spartanburg Spartanburg Tech

• March 23, 2004 Aiken USC Aiken

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, <a href="www.eip.sc.gov">www.eip.sc.gov</a> (click on "Stay Healthy and Save" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at <a href="mailto:emcelveen@eip.sc.gov">emcelveen@eip.sc.gov</a>.

## **Chronic Disease Workshops**

We have four chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

• Women's Heart Health Feb. 12, 2004 Columbia (Capital Senior Center)

• Women's Reproductive Health Feb. 26, 2004 Orangeburg-Calhoun Tech

• Women's Reproductive Health Mar. 24, 2004 Greenville Tech

• Women's Reproductive Health April 5, 2004 Trident Tech (Charleston)

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, <a href="www.eip.sc.gov">www.eip.sc.gov</a> (click on "Stay Healthy and Save" and go to "Disease Management"). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at <a href="makhuli@eip.sc.gov">makhuli@eip.sc.gov</a>.

#### **Prevention Partners Online**

Please note that Prevention Partners online resources can no longer be found at <a href="www.eip.state.sc.us">www.eip.state.sc.us</a>. Our new home is now <a href="www.eip.sc.gov">www.eip.sc.gov</a>. All of our registration forms, programs, and products can be found there by simply clicking on "Stay Healthy and Save" which appears on the left side of your screen. This change also affects the email addresses of your Prevention Partners staff. So for your convenience, here is a list of our new addresses:

Diane Conte
Ramsey Makhuli
Elliott McElveen
Xavery Hopkins
Annette Traylor

Annette Conte dconte@eip.sc.gov
rmakhuli@eip.sc.gov
emcelveen@eip.sc.gov
xhopkins@eip.sc.gov
atraylor@eip.sc.gov

#### **Contents of this mail-out are:**

February/March Coordinators' Communiqué
February Bulletin Board Service
March Bulletin Board Service